

Columbus Recreation and Parks SCI Active Living Program

The Columbus Recreation and Parks SCI Active Living Program funded in part by the Kelly Brush Foundation, "inspire the KBF" grant, is a community-based wellness program for people living with paralysis. This program was developed by Recreation Therapists at Columbus Recreation and Parks and Physical Therapists from OhioHealth. Columbus Recreation and Parks is partnering with OhioHealth, Ohio State Medical Centers, and Chalmers P. Wylie VA Ambulatory Care Center. This program is designed to improve your physical strength, balance, flexibility and endurance. This program also focuses on not only the participants with paralysis but their families. We offer support groups, and yoga to enhance overall health through the mind and the body. This program will be adapted for all level of abilities.

What it entails:

- Biweekly exercise sessions on Tuesday and Thursdays from 4:00 pm - 6:00 pm
 - Cardiovascular conditioning
 - Strengthening
 - Balance training
 - Flexibility
- Yoga classes every other Wednesday of the month 4:00 pm - 5:00 pm
- Support groups every other Wednesday of the month 4:00 pm - 5:00 pm

Timeline:

Start Date: July 23rd, 2019

Break: December

End Date: May 31st, 2020

Location:

Franklin Park Adventure Center

Cost:

Free to participants

Contact:

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